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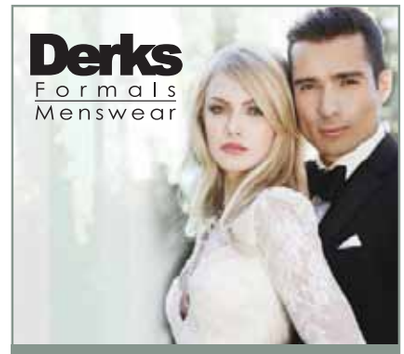

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TEARFUL GOODBYE

Shelly MacInnis-Wynn, wife of Const. David Wynn, fights back tears Monday as Wynn's sister Dawn Sephton looks on. The RCMP officer was shot in the head while investigating a stolen vehicle in St. Albert on Saturday and is not expected to survive. The family said Monday was the day they said their final goodbyes. Story, page 3. LEAH HOLOIDAY/METRO

Pot without the munchies

... and the celebrity behind the idea. Page 17

Minister 'very concerned' by MRU executive's payout

High education. Pay package fuels dissension on campus: Professor

JEREMY NOLAIS
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Alberta's advanced-education minister says he's "very concerned" about the lofty benefits bill racked up by a former executive at Calgary's Mount Royal University and will be raising the matter of executive pay at an upcoming meeting with chairs and presidents of post-secondary institutions provincewide.

Don Scott said he's attempting to foster "an environment of fiscal restraint" in the post-secondary sector, as the decline in oil prices has the province staring down a multi-billion-dollar deficit.

"What I'm describing to you is a strong level of concern, given the fiscal environment that we're entering," Scott said Monday, addressing the compensation paid out to Hope Henderson, the former vice-president of university advancement at Mount Royal.

Metro first reported late Sunday that she earned $267,000 in "cash benefits" over nine and a half months in the fiscal year ending June 30, 2014.

Henderson also raked in $159,000 in base pay and $5,000 in non-cash benefits. Her total earnings of $431,000 topped those of school president David Docherty, who worked the whole year, and her cash benefits, specifically, were more than those earned by the president and three other executives combined.

"This is a very good opportunity for each Campus Alberta institution to review their executive compensation," Scott said Monday. "We're going to be discussing several issues with our board chairs relating to the fiscal challenges that Alberta faces."

Mount Royal officials have provided no details about the benefits accrued by Henderson, which online documents say could include "housing allowances, car allowances, professional development, severance and cash travel allowances."

On Monday, Docherty said in an email the institution wouldn't be commenting on the matter, adding such policies and practices "are consistent with legislation concerning the privacy of personnel."

But Henderson's earnings stoked criticism among advocates and faculty representatives at the school, which was hit hard when provincial post-secondary funding was cut by more than seven per cent in 2013.

Assistant professor Roberta Lexier, who chairs the university's faculty advocacy committee, said students in one of her classes raised the matter Monday during current-events discussions and were "outraged."

"It becomes an internal challenge," she said.

"We've tried to avoid any of the divides between administration, faculty, staff, students … but I think these kinds of stories challenge some of that unity."

Lexier said the "bloating" of administrative pay is a major concern for her committee.

Those working at Mount Royal and a representative with the Canadian Taxpayers Federation have surmised the payout to Henderson was severance, given that she left the organization last April, just two and a half years after joining in August 2012.

Metro obtained an email sent by Docherty and dated April 15, 2014, that states Henderson "tendered her resignation, effective immediately, so that she has time to focus on her PhD and her work with the aboriginal community."

Attempts to reach Henderson have been unsuccessful.

Quoted

"Our argument is (funding) should be focused on programs, services."

Roberta Lexier, assistant professor and chair of Mount Royal's faculty advocacy committee

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NEWS 1

Shawn Rehn. Parole board had worried about release of shooter

Parole-board decisions for the man who shot two RCMP officers in St. Albert this past weekend seem to foreshadow the violent incident.

Shawn Maxwell Rehn, who appears to have taken his own life after the shooting, served two federal sentences and appeared before the parole board multiple times.

He was usually denied parole and had his statutory release, which is mandatory at the two-thirds point of a sentence, revoked.

Rehn had his release revoked in 2013 because police found him with several knives, a realistic-looking pellet gun, drug paraphernalia and another parolee.

While they revoked his release, the board recognized his sentence would soon expire and warned him not to possess any weapons in the future.

"When you are in possession of weapons, the public is at serious risk of harm from you, as your past offending demonstrates," they wrote.

Previous parole-board decisions found Rehn generally seemed to have a complete lack of respect for authority.

"The continued progression of your criminal behaviour and attitude of indifference clearly demonstrates your lack of respect for the law," they said.

They also expressed concerns that he seemed uninterested in turning his life away from crime, saying he had "not participated in any forms of program or remediation that will address (his) presented needs."

RYAN TUMILTY/METRO IN EDMONTON

RCMP Deputy Commissioner Marianne Ryan, left, and Shelly MacInnis-Wynn, wife of Const. David Wynn, give an update on Wynn's condition in Edmonton on Monday. JASON FRANSON/THE CANADIAN PRESS

'We're saying our goodbyes today'

Shooting. Wife of the gravely injured Const. David Wynn thanks RCMP family, community for support

LEAH HOLOIDAY
Metro in Edmonton

Through quiet tears and staggered breaths, the wife of Const. David Wynn said Monday that family have now said their final goodbyes to the RCMP officer, who was shot in the head while trying to arrest a suspect over the weekend.

Wynn, along with Auxiliary Const. Derek Bond, were both shot by Shawn Maxwell Rehn on Saturday as they were investigating reports of a stolen vehicle at St. Albert's Apex Casino.

While Bond was released from hospital later that day, Wynn remained in critical condition.

"We're saying our goodbyes today and then from there he'll be in a better place, but today is the day we say goodbye to him," Shelly MacInnis-Wynn said.

Flanked by Wynn's sister Dawn Sephton and clutching the hand of Deputy Commissioner Marianne Ryan, MacInnis-Wynn expressed her gratitude for the outpouring of support from the community over the last three days.

Quoted

"He always wanted to do the best for his community; he was that kind of guy."

John Collyer, police chief in Bridgewater, N.S., where Wynn had worked as a paramedic

"I just wanted everyone to know how thankful I am for all the support we have gotten, but the first (thank-yous) need to go to the RCMP family," said MacInnis-Wynn.

As former Nova Scotians, MacInnis-Wynn said she was grateful for the prayers of people out east, including Wynn's former co-workers.

"He knows you're there and thinking of him," she said.

MacInnis-Wynn also recognized the St. Albert RCMP detachment, saying, "They've been our family since we've moved so far from home."

"That was his work family," she said.

Sephton expressed her gratitude to the paramedic and medical staff who took care of her "little brother."

Before moving to St. Albert five years ago, Wynn worked as a paramedic in Bridgewater, N.S.

Bridgewater Police Chief John Collyer remembered Wynn as a "fixture" to the entire town and devoted family man to his wife and three sons.

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Cardiologist, partner campaign in aid of women's heart health

Health. YouTube video gains attention, amassing more than 100,000 views

Recent studies have found more women are dying from heart disease than men, prompting a local dietitian and a cardiologist to try to shed some light on what they describe as an alarming trend.

Raman Kapoor was born with a hole in her heart, causing cardiovascular disease to "hit very close to home" for her. Alongside her husband, cardiologist Dr. Anmol Kapoor, the couple launched a charity in 2011, the DIL Walk Foundation, to educate people about the risks of heart disease.

Raman and Anmol produced a public-service announcement last month titled Ask About Her Heart. The short video has already reeled in more than 112,000 hits on YouTube and a lot of positive comments.

"We are just so excited that we're making a change," said Raman. "It's nice to see that something so simple can send such a profound message."

According to their foundation, heart disease is now the leading cause of death in women over 35. In 2012, the most recent data available, heart disease claimed the lives of 66,178 Canadians — 33,196 women and 32,982 men.

"When you think of heart disease, the first image you get in your mind is this man clenching his chest, having a heart attack," said Raman. "But when women have a heart attack, they don't have the crushing chest pain or pain shooting down their arm; the symptoms are very subtle."

For men, the sharp pain of a heart attack is typically caused by arterial plaque breaking off and causing a clot. In women, the plaque often erodes, gradually blocking the artery, causing fatigue, nausea and shoulder pain. Often, these symptoms are misdiagnosed, and the women go untreated.

"It often gets missed because of somebody dropping a ball," said Anmol. "When a patient comes to emergency, we need to discuss this as a possibility. It needs to be in our dialogue as doctors, and we must make sure we ask those questions."

Check out the online version of this story at metronews.ca to see the YouTube video.

JENNIFER FRIESEN/FOR METRO

Dr. Anmol Kapoor takes Kristi Piper's blood pressure in the Advanced Cardiology Clinic in Marlborough Mall. Kapoor said heart-attack symptoms in women are different than the symptoms experienced by men, frequently leaving them misdiagnosed. JENNIFER FRIESEN/FOR METRO

Community invited to Green Line information sessions

Green means go — and now that $52 million in annual funding for the long-awaited southeast transitway is in place for the next 10 years, the anticipated transportation development has started to take shape.

This week the public is invited to check out open houses. City transportation spokeswoman Julie Yepishina-Geller said if you haven't already, now is the time to learn more about the project.

"We haven't been out to the public in about two years," she said. "This is basically the first time we're coming out to the public with more concrete plans and actually a budget to move this project forward."

Shovels will strike the earth in 2017 for the first portion of a bus rapid-transit route from 4th Street S.E. to Douglasglen, a leg of the route projected to be completed by 2020.

"The LRT is quite a ways out, but there is stuff happening right now," Yepishina-Geller said.

Jeff Binks, vice-president of LRT on the Green Foundation, said it's been a long time coming, but now that the "funding fight" isn't just between north and south, there's been more of a progression in planning the transitway.

"For years there was always a competition between whether the north or the south were more deserving for transit investment," said Binks. "The great benefit to the Green Line and the Green Line transitway is it's finally ended that debate and said that investment will flow to both ends of the city."

Binks said the Green Line will also take countless cars off the road and encourage community developments around stations.

Yepishina-Geller said the city hopes to make stations destinations for shopping and living — with even perhaps a yoga studio or two.

"What we're looking at is transit-oriented development," said Yepishina-Geller. "Within that 600-metre radius around each station, we're looking at mixed development opportunities, whether that be shops or residential development."

HELEN PIKE/METRO

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New impound lot to have heated drive-thru

Driving. New facility will consolidate office space for the Calgary Parking Authority

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgarians making a trip to the impound lot will likely still grumble next year, but the experience should be made at least a little more pleasant with a brand new building, including a heated drive-thru bay for getting in and out.

The Calgary Parking Authority plans to build a two-floor, 18,000-square-foot facility to the north of its existing building at the 39 Avenue impound lot, then demolish the old structure to make room for more parking.

"There's no room to expand and even if we wanted to expand and renovate, the cost would just be astronomical due to the age of the building," CPA facilities co-ordinator Sean Blais said of the existing building, which served as the city's animal services facility before the parking authority took it over in the 1990s.

The new facility will also consolidate office space for the CPA's enforcement, tag administration, general administration, and dispatching departments — all currently spread across three different buildings — into one location, Blais said.

Customers and tow-truck drivers will also be able to access the lot through a new indoor bay with roll-up doors, rather than the open-air access that's there now.

"It's in a secure area and it's heated," Blais said.

After spending about an hour waiting to get his car from the lot last year, Calgary resident Martin Nestibo said he'd welcome any new design that speeds up the process.

"And maybe a better waiting room, if they're going to be that slow," Nestibo suggested, adding that the city should add free Wi-Fi to the building, as it has done through Shaw at some LRT stations and rec centres.

Blais said the goal is to open the new facility by June 2016.

A car enters the 39 Avenue impound lot. METRO FILE

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CrossIron Mills

Razor found taped to shopping cart

RCMP are warning the public after a razor blade was found taped to a shopping cart at CrossIron Mills on Sunday. The blade was four inches long and, in the position it was in, could have inflicted serious injury on an unsuspecting shopper at the massive mall just north of Calgary, RCMP said.

It's not known when the blade was taped to the cart. METRO

Crime

Car crash leads police to firearms

An unexpected twist to a car crash had Calgary police running after suspects and uncovering several firearms they say "should not be on the streets" in the city's southeast Monday morning.

Officers were patrolling at 9:15 a.m. when they witnessed the crash in the area of 28 Street and 11 Avenue SE. One of the vehicles attempted to flee the scene and swiftly crashed into a nearby telephone pole.

"The three occupants of the vehicle exited and fled the scene on foot," said Det. Steve Adair. "CPS members with the assistance of HAWCS and canine (units) apprehended two males after a short foot chase."

Adair said numerous uncommon firearms — "less than 10" of them in total — were located in the vehicle and near the scene. METRO

Premier

Prentice picks up $71K Thunderbird at Arizona auction

It was fun, fun, fun for Premier Jim Prentice on the weekend when he took the T-bird away at a vintage car auction in Arizona.

The 1956 Thunderbird has a colonial white exterior with a dark-blue peacock interior. It comes with power seats, power windows, power steering, a three-speed automatic transmission and a 313-cubic-inch, eight-cylinder engine.

The premier's winning bid, including the auctioneer's commission, was $59,400 US, or about $71,000.

Prentice bought the car in Scottsdale from Barrett-Jackson auctions, which specializes in vintage and high-end automobiles. A spokeswoman for the premier confirmed the purchase.

"The premier is a car lover and had been looking for this particular car for many years," said Emily Woods. THE CANADIAN PRESS

Lotto 6/49

Free ticket turns into $1 million

A free lottery ticket reaped a $1-million reward. Edith Shackleton won a free Lotto 6/49 ticket on a previous draw. On New Year's Eve, she saw her ticket matched the guaranteed prize draw.

"We were already planning to build onto our house, and we've always been travellers," she said. "This will help us keep doing the things we want to do." METRO

Good deed leads to $250 fine

Transit. U of C student slapped with ticket after handing her pass to another rider on her way to renewing Upass

HELEN PIKE
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Emily Jantz received a $250 ticket after trying to give a monthly transit pass to a down-on-his-luck rider she met on the CTrain. She said she figured she didn't need the pass anymore because she was on her way to renew the UPass she receives through the University of Calgary. ROBSON FLETCHER/METRO

When Emily Jantz handed her monthly transit pass to a man she thought deserved a leg up, she never expected a hefty fine followed by a mid-March court date.

But that's the risk you run when you break the letter of the law.

Jantz, who is a University of Calgary student, said she had what she thought were two valid fares: her UPass and a monthly pass her fiancé had purchased for her by mistake.

She said she was on her way to campus last Thursday to renew the UPass for the new semester when a man sat down next to her on the CTrain and they began to talk.

She described him as down on his luck, a "nomad" type, so she decided to help him out.

Insp. Brian Whitelaw, coordinator of public safety and enforcement for Calgary Transit, said it was at this point that a peace officer saw a young woman illegally sharing her monthly pass.

"It comes down to whether the circumstances might indicate a misuse of the pass," Whitelaw said.

"The officer determines that her UPass is expired. She has passed her monthly pass to the fellow, who then produces it and hands it back to her."

Jantz said she had no intention of getting her pass back, as it was meant as a gift.

"I was legitimately giving it to him," she said. "I wasn't going to use it for the rest of the month."

At the next stop, both were escorted off the train. Jantz said she and the man, who introduced himself as David, were both upset.

According to Jantz, the conversation with the peace officer lasted about 25 minutes.

"What the officer said was, while it might be transferable, in his view, there is an exchange going on here that will constitute the offence under the bylaw," Whitelaw said.

Whitelaw added Calgary Transit enforcement staff often run into similar issues with passengers sharing fares. Sometimes, he says, spouses will buy a single pass, using just one between them. People also often sell the passes online, which Whitelaw says is allowed for some types of passes, but on a buyer-beware basis.

In the end, both were charged. Jantz is accused of violating Section 10 of Calgary's transit passenger by-law: "Sell, exchange, give away or receive a transfer, validated ticket or pass." She is subject to a $250 fine.

"David," meanwhile, was charged under Section 9 (a): "Board or use a light rail transit vehicle without valid pass."

"It's not about the money or the fine, but about the way David was treated," said Jantz, who has since filed a complaint to Calgary Transit.

"Calgary is supposed to be a place where we look out for each other."

Whitelaw said transit enforcement staff use their discretion and sometimes forgive a UPass that hasn't been renewed during the first week of a new semester. But this offence occurred on Jan. 15, he noted, making it a hard sell for the usual three to four days of lenience.

"It did just kind of backfire on her, " Whitelaw admitted.

"Had she had a valid UPass for this semester … maybe the circumstances would be different.

"Ultimately a nice gesture, but just a little misguided."

Quoted

"Ultimately a nice gesture, but just a little misguided."

Insp. Brian Whitelaw, coordinator of public safety and enforcement for Calgary Transit

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Slide the City to come to Calgary next summer

Slide the City is hoping to make a splash on Calgary streets this summer.

Organizers of the two-day event slotted for the beginning of August hope to sell 6,000 tickets for each day, and see as many people ride down a 300-metre slip and slide on an inflatable tube for up to eight straight hours.

Dates are set for Aug. 1 and 2, but the city and organizers are still tight-lipped about possible locations.

"We have all the locations scouted and everything, but we can't really say where its going to be yet," organizer T.R. Gourley said Monday. "We are just working together with the city right now."

Slide City organizers have eyed Calgary for a 2015 event. CONTRIBUTED

He added the precise locations will be released when all of Canada's sliding events are announced in February, when registration will also open.

"They've been talking to us, they've put in their application, but we don't have any other details beyond that right now," said city spokeswoman Jennifer Storm.

HELEN PIKE/METRO

Hellard Field is one three artificial turf fields at Shouldice Athletic Park, all of which sustained damage at the sub-grade level during the 2013 flood.
METRO FILE

Flood threatens continued use of playing fields

Repairs. Plan is to shut down one field per year to reduce impact

JEREMY NOLAIS
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Gridiron stars-in-the-making ran amok on seemingly pristine fields at Shouldice Athletic Park this past football season, but studies have found damage sustained in the historic 2013 flood still lurks beneath and could require major repairs.

Actual water never reached the surface of Stampeder, Encana and Hellard fields thanks in large part to a nearby berm, but studies have found it seeped beneath and impacts to the sub-grade threaten the long-term sustainability of the treasured turf plots that are also used by soccer, lacrosse and other sporting groups.

"Over time, the condition of the fields will become more challenging to maintain," explained Thomas Hansen, the city's recreation manager of capital and assessment management.

The city has now put out a call for a consultant to determine the extent of restoration that needs to occur — Hansen said it could range from basic repairs to a complete rip and replacement of all three fields.

The hope, however, is to keep the impact to city athletes to a minimum.

"We would look at taking a field offline for a season or however long it takes and then we would bring it back online and then take the next field off," he said.

There is currently no price tag for the repairs, he added.

But the repairs are necessary, contends Greg Peterson, president of the Greater Calgary Amateur Football Association, especially given the larger plans that are afoot at Shouldice.

Over time, a $7.2-million plaza will be developed that includes fencing, paving, donor walls and the eventual construction of multi-sport clubhouses.

All of that, naturally, requires the fields to remain intact for many years of competition to come, Peterson said.

"I don't think it (the impact) is going to be that dramatic," he said. "We'll just have to operate with one less field. Some of our games are just going to have to be played elsewhere, that's all."

Hansen said the hope is to get to work on repairs or replacing the Shouldice fields in 2016 and to have the work completed in 2018.

"They are a crown jewel asset for us and they are highly, highly used," he said.

Follow Jeremy Nolais on Twitter @Metro_Nolais

Court

Deadly pipe bomb was disguised as a Christmas gift, lawyer says

A Crown prosecutor says an Alberta financial adviser built a pipe bomb in his garage, wrapped it as a Christmas present and left it on the doorstep of a disabled client.

Anders Quist told a jury in his opening address Monday that Brian Malley wanted Victoria Shachtay dead. The man had lost all of her money and had resorted to giving her cash out of his own pocket, Quist said.

"He was going into debt to keep her going," the lawyer said. "He killed her to cut his losses."

Malley, dressed in a suit and tie, stood in court and pleaded not guilty to charges of first-degree murder, causing an explosion and sending a person an explosive device.

His lawyer, Bob Aloneissi, called the charges "horrible and heinous" and told the jury someone else was out to get Shachtay or her family.

Shachtay, a 23-year-old single mother, died instantly when she opened a box inside the green-and-gold gift bag in her apartment in Innisfail, 30 kilometres south of Red Deer, on Nov. 25, 2011. She had been sitting in her electric wheelchair at a dining-room table.

The blast shattered a window, blew holes through the roof walls and turned other items in the house into debris the size of confetti.

Her live-in caregiver had been in the home but was not injured in the blast. Shachtay's seven-year-old daughter had gone to school. THE CANADIAN PRESS

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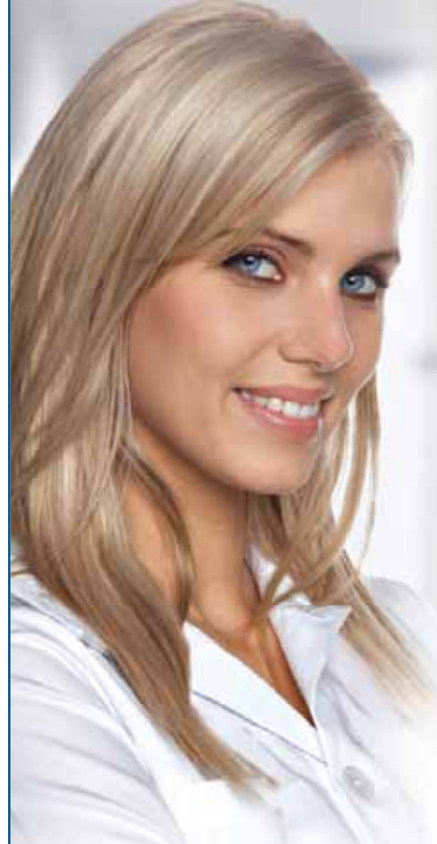

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Post-holiday retail slowdown a challenge for laid-off job seekers

Target. 'January and February is not a great time to be looking for work': Economist

Laid-off retail workers, including more than 17,000 hit by Target's decision to pull out of Canada, face grim job prospects as they dust off their resumés and start looking for work, according to labour experts.

"I suspect they are feeling some anger and some very genuine fear," said Brock University labour expert Kendra Coulter, noting that many retail-sector staff work only part-time hours.

"Many of them will not be eligible for employment insurance and are facing a very scary future."

Target Corp. announced last week it would close all 133 locations in Canada less than two years after the U.S. discount-retail giant made its foray north of the border by taking over former Zellers locations.

Angella MacEwen, senior economist at the Canadian Labour Congress, says it could take between six months to a year for the employees to find replacement work, particularly given the cyclical slowdown in the retail sector during the post-holiday season.

"January and February is not a great time to be looking for work and, with a whole bunch of people at the same time flooding the labour market, there are a lot of people who are going to be out of luck," MacEwen said.

Workers affected by Target's exodus from Canada are likely to struggle to pay the bills while they look for their next job, MacEwen said.

"These are minimum-wage jobs, and a lot of Canadians in that position are living paycheque-to-paycheque and can't really go six months without regular pay," she said.

"It's looking like it's going to be a significant struggle for these workers and their communities, although, over time, they will be able to find work eventually."

More than 17,000 Target employees will find themselves out of work once the discount retailer closes its doors. Canadian Labour Congress senior economist Angella MacEwen says this could leave many job seekers out of luck, as the availability of retail jobs slows down after the holidays. SCOTT OLSON/GETTY IMAGES

Statistics Canada said the economy lost 10,700 jobs in November and another 4,300 jobs in December as gains in full-time employment failed to keep up with the losses of part-time jobs.

The two months of losses followed big gains of 74,100 and 43,100 in September and October, respectively.

Target Canada's U.S. parent has set up a $70-million trust fund to cover employees' severance payments. The company said most workers will receive 16 weeks' pay.

But Lee Harbinson, an employee at the discount retailer's Pickering Town Centre location, says it's not a real severance package, as many employees will still be working during those 16 weeks as the discount chain winds down its operations.

Harbinson, who works part-time unloading trucks and stocking the clothing section, said he wasn't surprised by the news, as he had watched sales languish for the nearly two years he worked at the store.

"I'm not in panic mode just yet," Harbinson said. "I saw this coming from a mile away."

Harbinson, who also works as a freelance photographer, is taking stock of his options and isn't planning to pursue another retail job. Going back to school is a possibility, says Harbinson, who used to work in an ad agency before the recession hit.

"Retail will be a last resort for me," he said.

THE CANADIAN PRESS

Dalhousie. Student not treated fairly, lawyer says

A member of a Facebook group accused of posting hateful comments about female members of Dalhousie University's dentistry school blew the whistle on the classmates who made the remarks but has been treated unfairly by the school, the man's lawyer said Monday.

Bruce MacIntosh is representing Ryan Millet, a fourth-year dentistry student and one of the 13 members of the now-defunct Class of DDS 2015 Gentlemen group on Facebook.

MacIntosh said in a statement provided to The Canadian Press that Millet took a stand against posts he deemed offensive and encouraged other group members to remove them but was sanctioned by Dalhousie University.

He criticized the way the school handled the matter, saying the students were pushed into accepting punishment without due diligence.

THE CANADIAN PRESS

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Israel. Canada stands by its ally as Palestinians pursue war crimes charges

Foreign Affairs Minister John Baird reaffirmed Canada's opposition to Palestinians' attempt to pursue war-crimes charges against Israel at the International Criminal Court.

Speaking in Jerusalem, Baird said the Palestinians "made a huge mistake" by going to the ICC, a UN institution Canada played a lead role in creating.

Israel will be able to count on Canada's firm support against any ICC action against the country, Prime Minister Benjamin Netanyahu said as he formally welcomed Baird before their meeting.

"You know that it's a travesty of justice to haul Israel to the dock in The Hague and you know that the entire system of international law could unravel," Netanyahu said.

Baird added: "As I've said before, Canada doesn't stand behind Israel; we stand shoulder-to-shoulder with it."

As Baird arrived in Israel on Friday, the ICC's prosecutor announced she was beginning a preliminary investigation that could clear the way to a full-scale investigation into possible war crimes in the Palestinian territories.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

A Palestinian protester holds a poster on Sunday with a photo of Canadian Foreign Minister John Baird during Baird's meeting with Palestinian Foreign Minister Riad Malki in the West Bank city of Ramallah.

NASSER NASSER/THE ASSOCIATED PRESS

Luka Magnotta

Appeal filed over conviction on five charges

Luka Rocco Magnotta has filed an appeal of his conviction on five charges last month, including the first-degree murder of Chinese student Jun Lin.

Documents made public by the Quebec Court of Appeal outline a number of reasons for Magnotta's decision to seek a new trial. The documents filed by Toronto-based lawyer Luc Leclair state the trial judge erred in a number of instances.

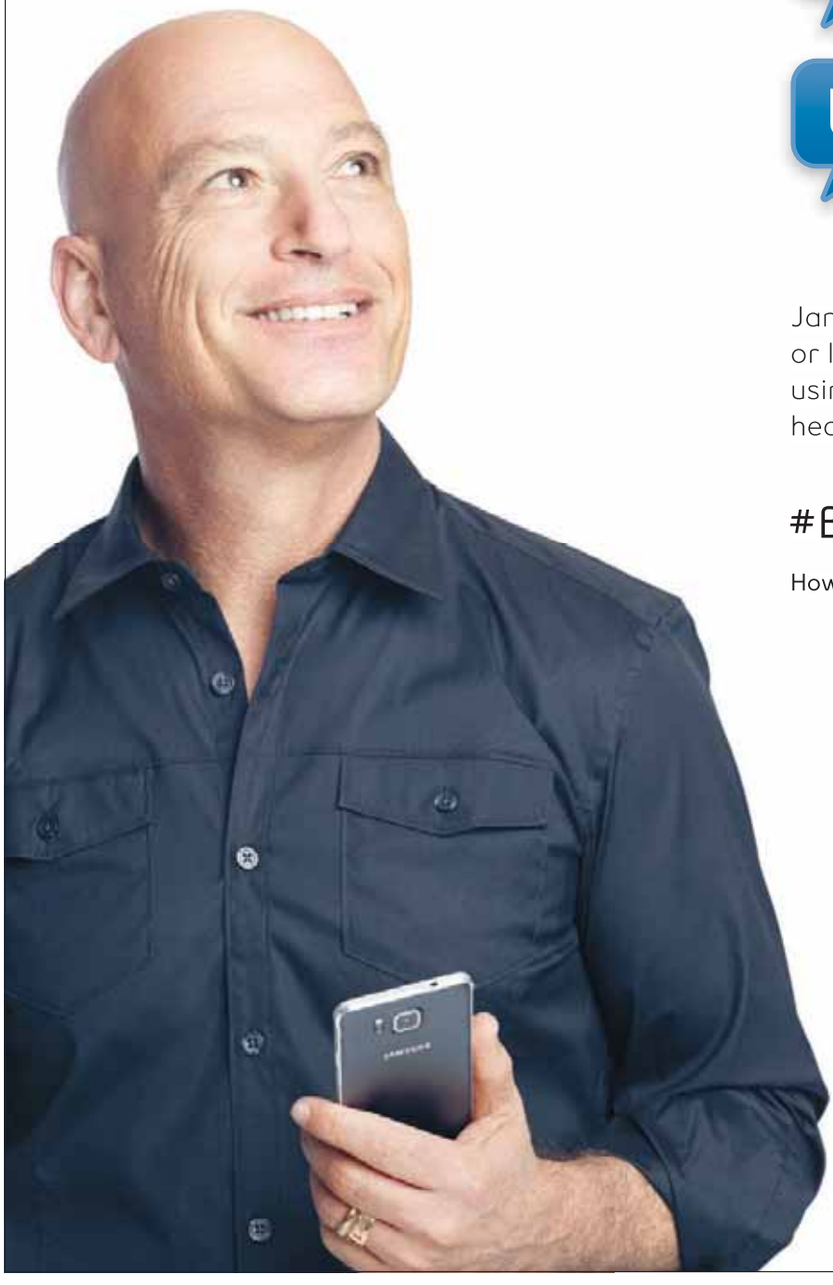
THE CANADIAN PRESS

Iraq

Canadian forces return fire at combatants

Canadian soldiers opened fire on enemy positions in Iraq over the last week in what a senior officer called an act of self-defence. Brig.-Gen. Michael Rouleau says they used sniper fire to neutralize the enemy without casualties.

THE CANADIAN PRESS



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Kenyan students hold up a placard brought by activists during a demonstration Monday against the removal of their school's playground at the Langata Road Primary School in Nairobi. Police tear-gassed students at the demonstration, prompting the suspension of the officer in charge at the scene. BRIAN INGANGA/THE ASSOCIATED PRESS

Kenyan police use tear gas on schoolchildren

Nairobi. Students at Langata Road Primary School were demonstrating against the removal of their playground

Kenyan police on Monday tear-gassed schoolchildren demonstrating against the removal of their school's playground, which has been allegedly grabbed by a powerful politician, said a Kenyan human-rights activist.

The students from Langata Road Primary School were in the front line of people pulling down a wall erected around the playground, which has been acquired by a private developer said to be a powerful politician, said Boniface Mwangi. Primary-school children in Kenya are usually between six and 14 years of age.

Quoted

"This is brutality beyond words and greed beyond description."

Raila Odinga, opposition leader

"The governor, the senator and other government officials are all scared of the politician. They cannot do anything to stop the playground from being taken," Mwangi said.

Television footage showed children, some being carried away, writhing in pain, screaming and choking because of the tear gas. Police officers later brought dogs to the playground.

Acting police chief Samuel Arachi said he has suspended the police officer who was in charge at the scene of the protest. In such an incident, tear gas is not used because the protests were not violent, Arachi said. He said five people have been arrested: three for vandalism and two for incitement.

Elijah Mwangi, who was in charge of the police officers at the school, said he was following orders.

Opposition politician Eliud Owalo said last week that the playground had been grabbed to construct a parking lot for the politician's hotel adjacent to the school.

"This is brutality beyond words and greed beyond description. It is difficult to believe that police can actually deploy against primary-school children and lob tear gas at them to defend a land grabber. This image of a nation determined to steal forcefully from its own children cannot be what we aspire to. It cannot be the legacy we want to bequeath the children," said opposition leader Raila Odinga. THE ASSOCIATED PRESS

Theft

Widow of man killed in British terror attack jailed

The widow of a man killed in the 2005 terrorist attacks on the London transportation system has been jailed for stealing money from the compensation fund intended for her son.

Louise Gray was sentenced Monday to two years and eight months in prison after stealing 43,000 pounds ($65,000) from her son Adam. Gray had pleaded guilty. THE ASSOCIATED PRESS

London

Parents shocked by birthday bill

It was not what Derek Nash expected to find in his five-year-old's school bag: a bill demanding a "no-show fee" for another child's birthday party.

Nash said the bill from another parent sought 15.95 pounds ($24 US) because his son Alex had not attended the party at a ski centre. Nash said he had initially accepted the invitation but realized Alex was supposed to visit his grandparents. THE ASSOCIATED PRESS

1994 bombing

Prosecutor who accused Argentine president dies

Argentina's government said Monday that a prosecutor who had accused President Cristina Fernandez of shielding Iranian suspects in the 1994 bombing of a Jewish community centre died of a self-inflicted gunshot wound in his apartment. Alberto Nisman was found in his bathroom Sunday, hours before he was to testify in a congressional hearing. THE ASSOCIATED PRESS

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Law. Beastie Boys seek $2.4M for fees and costs

The Beastie Boys want to force the maker of Monster Energy drinks to pay nearly $2.4 million US in legal fees and costs so the rappers' $1.7-million US jury award is not dwarfed by expenses in a copyright violation case, lawyers say.

A Manhattan federal court jury awarded the group most of the $2 million US it requested at a June trial, but that was not enough to cover costs that lawyers said were worsened by the actions of the California-based Monster Energy Co., the musicians' lawyers said in papers filed in Manhattan federal court.

They said more than two years of litigation punctuated by Monster's failure to engage in good-faith negotiations, an eight-day trial and Monster's effort to overturn the verdict ran up the legal bill.

Monster had admitted wrongly using the group's songs in a video that was online for five weeks. But the beverage maker said at trial it should owe no more than $125,000 US.

THE ASSOCIATED PRESS

Hip-hop group

The Beastie Boys, inducted into the Rock and Roll Hall of Fame in 2012, have turned out four No. 1 albums and sold more than 40 million records.

- In 1986, they topped the charts with their debut, Licensed to Ill, which includes the anthem (You Gotta) Fight for Your Right (To Party!)
- The Beastie Boys' Adam "MCA" Yauch died of cancer in May 2012.

Online retail

Amazon primed to get into the movie business

Amazon Studios said Monday that it will significantly expand into movie production by acquiring films for theatrical release and early window streaming through its Amazon Prime Instant Video service. A key aim is to get movies to its website four to eight weeks after theatrical release instead of the current three months.

THE ASSOCIATED PRESS

Swiss law

Banker found guilty of passing secrets to WikiLeaks

A former private banker was found guilty Monday of breaking Switzerland's strict secrecy laws by passing confidential client data to WikiLeaks in 2007.

Rudolf Elmer claims he was trying to expose rich tax evaders banking with his former employer, Julius Baer, which fired him in 2002. He was fined the equivalent of $23,000.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 83.70¢ (+0.14¢)

Natural gas: Closed.
Dow Jones: Closed.

TSX 14,312.50 (+3.09)

OIL $48.69 US (+$2.44)

GOLD $1,276.90 US (+$12.10)

Ex-Korean Air exec pleads not guilty in nut rage case

Aviation safety. Cho Hyun-ah, airline chairman's daughter, has been in custody since Dec. 30, faces up to 15 years in prison

Cho Hyun-ah, the former Korean Air executive who made headlines after an inflight tantrum over macadamia nuts, pleaded not guilty Monday to violating aviation safety law and three other charges. THE ASSOCIATED PRESS FILE

The former Korean Air executive famous for an inflight tantrum over macadamia nuts pleaded not guilty Monday to violating aviation safety law and hindering a government investigation.

Lawyers for Cho Hyun-ah did not dispute the major elements of the prosecutor's account of events on Dec. 5, when Cho forced a Korean Air jet to return to the gate. Instead, they are focusing on a technical rebuttal.

Prosecutors accused her of forcing a flight to change its route, which was the most serious charge, with a maximum prison sentence of 10 years. The three other charges Cho faces are the use of violence against flight crew, hindering a government probe and forcing the flight's purser off the plane.

Cho's attorney Yu Seung-nam told a panel of three judges that the flight had moved only 17 metres from the gate at New York's John F. Kennedy airport before it returned, which did not amount to a forced change of an aviation route.

Cho admitted using violence against one flight attendant in first class by pushing her shoulder and throwing an object at her but denied that she poked the hands of chief flight attendant Park Chang-jin with a book. Yu argued that those acts did not amount to threatening safety on the flight.

Cho spent most of the first day of her trial Monday with her head lowered and hair covering her face.

Two other defendants in the nut-rage case also pleaded not guilty. Korean Air executive Yeo Woon-jin was charged with interfering with the government investigation, and a transport ministry official was charged with leaking secrets about the investigation.

Yeo, who has worked for Korean Air for more than 30 years, insisted that he did not know that Cho's actions could result in a criminal investigation, even after prosecutors showed evidence that flight attendants reported full details of the incident to him.

"Our company's executives always make sure during their business trips that cabin service is properly done. I certainly thought (Cho) gave directions as a vice-president overseeing cabin service," he said.

Prosecutors also highlighted an email showing that Yeo had asked a Korean Air customer-service executive to help prevent legal action against Cho by giving special treatment to the first-class passenger who sat near her.

THE ASSOCIATED PRESS

Richest 1% see wealth jump: Oxfam

The richest one per cent of the population will own more than half the world's wealth by 2016, Oxfam International said in a report released as the World Economic Forum begins in Davos, Switzerland.

Oxfam said the world's richest people saw their share of wealth jump to 48 per cent last year from 44 per cent in 2009. Rising inequality is holding back the fight against global poverty, Oxfam said, as the world's biggest companies lobby the U.S. and European Union for beneficial tax changes at a time when average taxpayers are still paying the bill for the financial crisis.

"Do we really want to live in a world where the one per cent own more than the rest of us combined?" Winnie Byanyima, Oxfam's executive director, said in a statement.

"The scale of global inequality is quite simply staggering, and despite the issues shooting up the global agenda, the gap between the richest and the rest is widening fast."

While world leaders such as U.S. President Barack Obama and International Monetary Fund chief Christine Lagarde have talked about tackling extreme economic inequality, "we are still waiting for many of them to walk the walk," Byanyima said.

The health-care and financial-services industries spent almost $900 million US to lobby the U.S. government for favourable legislation in 2013, and more than $200 million US was spent on lobbying in the EU, Oxfam said — while at the same time, one in nine people don't have enough to eat and more than a billion people live on less than $1.25 US a day.

The charity is calling for a crackdown on tax avoidance by corporations and rich people, with increased investment in health and education.

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VOICES

CHEAP OIL NO EXCUSE

Scott Hennig of the Canadian Taxpayers' Federation gives us a provincial history lesson to illustrate why our premier should cut spending, not raise taxes

SCOTT HENNIG
readers@metronews.ca

Alberta's 16th premier has a lot in common with Alberta's 11th and 12th premiers. But if Jim Prentice hikes taxes or introduces a new provincial sales tax (PST), he will be repeating a history most Albertans would rather forget.

Don Getty became Alberta's 11th premier in November 1985.

On the day he was sworn in, oil sat at $30.81 per barrel. Four months later, oil prices plummeted to $12.62, turning a small deficit into a large one.

Jim Prentice became Alberta's 16th premier on Sept. 15, 2014. On that day, oil was sitting at $92.86 per barrel. By Jan. 15, oil prices had dropped 50 per cent, making the giant hole in the provincial budget even larger.

Getty inherited a government that had been spending like drunken sailors. In today's dollars, Getty's first budget spent nearly $12,000 per Albertan on programs — by far the highest in the nation.

Prentice has inherited a government that has been spending like bankers at a bachelor party. Last year the government spent nearly $10,800 per Albertan on programs — nearly the highest in the nation.

The rest of Don Getty's story is written, whereas Prentice's is not.

Getty opted to run up the credit-card bills and hike taxes. His 1987 budget raised business taxes by more than a third, health-care premiums by 28 per cent, nursing-home fees by 40 per cent, new fuel and hotel taxes were introduced and liquor taxes, insurance taxes and income taxes went up across the board. However, the one tax he would not touch was the introduction of a provincial sales tax.

Ignoring possible spending reductions, taking on debt and hiking taxes did little for the budget and nothing for Alberta's economy.

Alberta's 12th premier, Ralph Klein, never faced a rapid, massive drop in oil prices during his tenure — mostly because they were very low for half of his time in office. Oil prices never reached $30 a barrel again until February of 2000 — over seven years into his time as premier.

But like Prentice, Klein inherited a systemic, long-term deficit. When Klein took office, the books hadn't been balanced for seven straight budgets. And again today, we are nearing the end of the seventh straight budget that hasn't truly been balanced (as long as you don't count borrowing billions, draining contingency funds or changing the definition of a balanced budget).

Even during the days of $11 oil (prices actually hit $10.86 in December of 1998), Klein never hiked income taxes or mused about the introduction of a PST. In fact, Klein was so opposed to a PST that his government passed the Taxpayer Protection Act — a law in place today that would require the Prentice government to take a PST to a provincewide referendum.

Klein recognized that spending was the real problem, not revenue. The same is true today. Last year, Alberta spent 21 per cent more, per citizen, than neighbouring British Columbia. We are one of the highest-spending provinces in the nation.

While low oil is far from ideal, it's no excuse to hike income taxes or introduce a PST. Premier Prentice would be wise to look at the similarities he shares with both Getty and Klein and decide which history to follow.

He can hike taxes, maintain sky-high spending and deficit budgets while driving Alberta's economy into the ditch like Getty — or cut spending, balance the books and eventually get to lower taxes like Klein.

The choice should be obvious.

Scott Hennig is the acting Alberta director of the Canadian Taxpayers' Federation

We're surpassing the limits of our planetary boundaries — it's really time Canada goes green

STEPHANIE ORFORD
readers@metronews.ca

It sounds like the opening of a disaster movie: humans have broken four of the planet's nine boundaries, and a new era of potentially devastating climate change has begun.

Sadly, it's not. This was a sobering finding published last Thursday by climatologists in the journal Science.

The researchers investigated nine key environmental factors or "planetary boundaries." Each has an upper limit beyond which climate effects are unpredictable and potentially dangerous for human civilization as we know it.

According to the study, since industrialization in the early 20th century, human activities have broken the boundaries when it comes to levels of extinction, deforestation, atmospheric carbon dioxide and nitrogen and phosphorous pollution from fertilizer. Lake Erie's "dead zone," an area choked up with algae, is the direct result of fertilizer runoff.

As Canadians, we tend to see ourselves as pretty green. Public opinion in Canada has shifted in favour of all things environmentally friendly. Canadians actively seek out "green" products, services and lifestyles. Environmentalism is no longer for fringe groups.

It's the default.

But as a supposedly progressive, developed country, Canada has been embarrassingly, shockingly unresponsive to climate-change reform. A report released in 2013 ranked Canada 55th out of 58 in its efforts to rein in greenhouse-gas emissions.

A panda bear sleeps in the Olympic Games Panda Bear enclosure at the Beijing Zoo. The earth has become barely inhabitable for pandas due to deforestation and other factors, but a new study suggests humans may also be making the planet uninhabitable for ourselves. GETTY IMAGES FILE

The economy is not an excuse. With dramatically low worldwide oil prices threatening a traditional keystone of Canada's economy, there's no better time to diversify into renewable energy and other green innovations. Clean, energy-efficient technologies such as solar panels are plunging in cost and skyrocketing in efficiency, making them ripe to take off with consumers as they reach parity with more polluting technologies.

Humanity has had it real good for the past 11,700 years, an epoch known as the Holocene period. Civilizations sprouted spontaneously across the world and got busy at breakneck speed, in geological terms, developing agriculture, organized societies, science — civilization as we know it. The researchers established the "planetary boundaries" based on these conditions.

But now we're wearing out our protective bubble. Researchers don't know what will happen as we exceed the nine boundaries, but they warn that if we maintain our current trajectory, Earth "is likely to be much less hospitable to the development of human societies."

Canada needs to follow the lead of its citizens and set an example in implementing green policies. The government should enthusiastically fund research, subsidize environmentally forward-thinking companies and technologies and create opportunities for green investment and innovation.

Give us ways to help the planet within our means, and we'll embrace them.

Stephanie Orford is a writer based in Vancouver.

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Jennifer Aniston ALL PHOTOS GETTY IMAGES

Wait, Jennifer Aniston is now on Team Angelina?

Jennifer Aniston and Angelina Jolie both attended the Critics Choice Awards last week — in the same room and everything — and the world did not slip into biblical levels of chaos.

In fact, Aniston even went on record about their infamous feud that started when Brad Pitt left the Friends star and shacked up with the Unbroken director.

"I think that's slowly coming to an end, I really do," Aniston told Entertainment Tonight at the event. "(Unbroken) is so beautiful and wonderful, and she did such a gorgeous job, and I think it's time people stop with that petty B.S. and start celebrating great work and stop with the petty kind of silliness … It's just tiresome and old. It's like an old leather shoe."

OK, two things, Ms Aniston: One, some of us like old leather shoes. The thing about leather is the more broken-in it gets, the better. I have a pair, in fact, that get more comfortable each time I wear them. So maybe not the best metaphor.

And, two, while I'm all for the high-minded moving on you suggest, some of us — ahem — would be out of a job without all the petty B.S. and silliness in the world.

Huckabee backtracks on calling Jay-Z a pimp

That loveable scamp Mike Huckabee has a problem with Jay-Z and Beyoncé — and with the First Family enjoying their music.

"How can it be that the Obamas let Sasha and Malia listen to that? Apparently they do," he writes in God, Guns, Grits and Gravy, his adorably titled memoir.

"Jay-Z is a very shrewd businessman, but I do wonder: Does it occur to him that he is arguably crossing the line from husband to pimp by exploiting his wife as a sex object?"

While he's busy backtracking, insisting that he thinks Beyoncé is "a wonderful talent" who doesn't have to degrade herself, I would like to point him to numerous examples from Jay-Z's work suggesting he is fine with being a pimp.

Kendall Jenner's words are wise beyond her years

If you find yourself uttering that old chestnut, "Kids today, they grow up so fast," then you might actually be onto something.

At least according to professional young person Kendall Jenner. The 19-year-old reality star — and, I guess, model or something — writes in a new column for the Wall Street Journal's magazine, "I feel like I grew up too fast a long time ago."

Let all the particulars of that sentence sink in for a moment. The "a long time ago" part, the fact that it's in WSJ magazine, the fact that she wrote a column for said magazine. I'll understand if you just want to go back to bed.

Kendall Jenner

Black Eyed Peas

Black Eyed Peas are back! Consider yourself warned

Don't complain later that you weren't warned.

Reigning pop homogenizers the Black Eyed Peas are getting back together for another album and another tour, and there's nothing we can do about it.

"They have already started working on their new material and will be doing a tour together following the release of their first album," a source tells Radar Online.

"All of the band members are expected to return," including Fergie, will.i.am and the other two.

Sorry Billy, but gay sex *is* an 'everyday kind of thing'

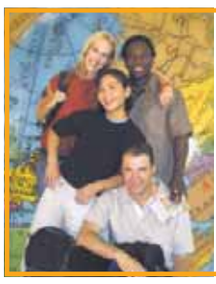
Billy Crystal has a bone to pick with shows that feature scenes of a homosexual nature, complaining to the Television Critics Association that they're not "to his taste."

"Sometimes I think, 'Ah, that's too much for me.' Sometimes it's just pushing it a little too far for my taste — and I'm not going to reveal to you which ones they are.

"I hope people don't abuse it and shove it in our face to the point where it feels like an everyday kind of thing."

Listen, Billy, as far as gay scenes feeling like "an everyday kind of thing"? That's sort of the point.

SCENE



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Panda Bear's music making talent is anything but rare

New record.
Musician's recent successes have given him the confidence to create even wilder fare

Noah Lennox's show-stealing collaboration with Daft Punk on the melancholy Doin' It Right won him more than a Grammy.

It also gave the man known as Panda Bear validation — affirmation that he apparently still needed even with scores of sterling reviews to his name since debuting as a solo artist in 2004, or as a member of oblique noise-makers Animal Collective.

"More than anything, I felt like it reinforced the idea that the stuff I was making could work and could have some power to it," Lennox said in a telephone interview from New York.

"More than anything, it gave me confidence that it resonated with those guys. It was a proof of concept."

Emboldened, Lennox has just released his grimiest and grooviest record yet in Panda Bear Meets the Grim Reaper.

It's generally agreed that Lennox's masterpiece was 2007's Person Pitch, a record built on his celestial vocal harmonies and a dense bedrock of found sounds. With 2011's Tomboy, he defiantly pared back and submitted to more traditional song structures.

The new record refines that approach, combining the hardest-hitting rhythms of Lennox's solo career with challenging degrees of discord.

Even when he wrote a more-or-less straightforward pop song — infectious lead single Mr. Noah — he felt compelled to add some obscuring filters.

"I feel like more songs started in that zone, more like forceful and aggressive, and in the studio got toned down a bit — or washed out, or blurred," he said.

THE CANADIAN PRESS

Noah Lennox, a.k.a. Panda Bear
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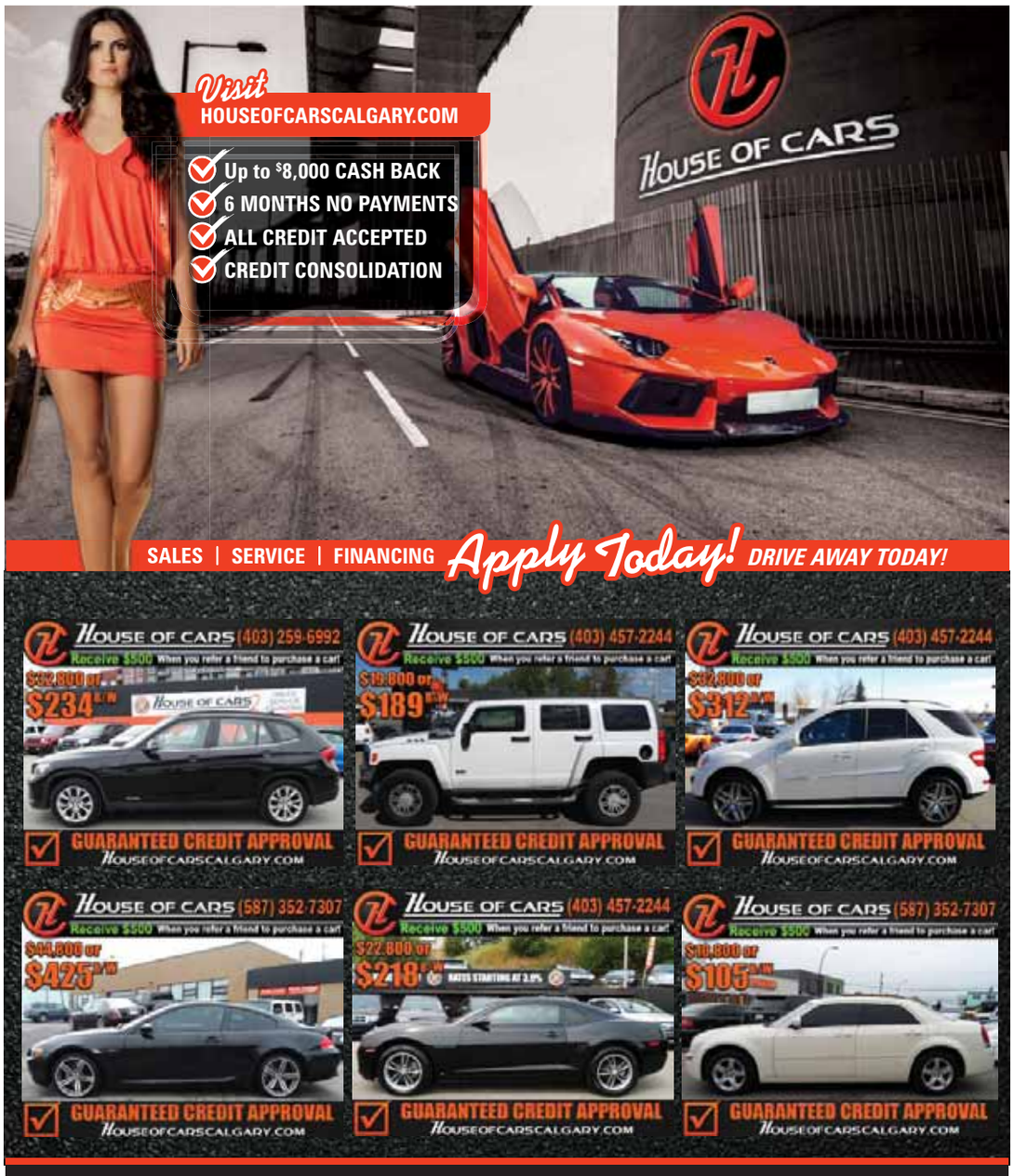


Profile

Courtney Love's big comeback

SOUND CHECK
Alan Cross
scene@metronews.ca

There's a chance you saw Courtney Love act before you heard her sing. If you think back to the opening scene of Alex Cox's Sid and Nancy in 1986, Courtney was the punk crying over Nancy's body as it was removed from the Chelsea Hotel.

For a while, Ms. Cobain straddled the worlds of acting and alt-rock. There were a few roles during the grunge years (Basquiat, 200 Cigarettes) before she scored big, starring opposite Woody Harrelson in The People vs. Larry Flynt, a performance that earned her a Golden Globe. Then came another acclaimed performance with Jim Carrey as Andy Kaufman's girlfriend in Man on the Moon. By the end of the century, Love was in danger of becoming a genuine Serious Actor.™

But then things went off the rails. Far off. Drug problems, family issues, legal woes, a failed solo music career, financial difficulties and oodles of bad press saw Courtney spiral down into a pretty dark place. Now, though, her career prospects look brighter than they have at any point in this millennium. The big comeback began with a four-episode appearance in Sons of Anarchy as a schoolteacher (!) named Ms. Harrison. Then earlier this month, Courtney co-starred in an off-Broadway rock opera called Kansas City Choir Boy as part of a festival called Prototype. She played Athena, a Midwestern girl who chases her dream of being a star in New York only to end up murdered. Todd Almond, the production's composer, plays her abandoned and anguished boyfriend.

Alan Cross and Courtney Love
ANDREA CRAWFORD

Roughly based on The Odyssey (there's even a chorus of six sirens), Almond told me "I was working on another show in Kansas City when a woman from the cast disappeared and was later found dead in New York. I kept thinking about that until it turned into Choir Boy."

So how did he land Courtney as a co-star? "My husband is Courtney's manager. He suggested it."

This past Saturday, I flew to New York for the final performance of KCCB and I can attest that it deserved all the good reviews it received. Courtney was electric. Todd Almond should be a star.

And there's more. In two weeks, we'll see Courtney in a recurring role as Elle Dallas on Empire, the record industry soap opera that's been a big hit for Fox. Her role? A bad-behaving druggy diva rock star. Courtney smiled at me. "Inspired casting, don't you think?"

Take the embarrassment out of a new fitness routine

Group workouts. You may be new, but you don't have to feel like a newbie

EVA KIS
Metro in NYC

One of the keys to enjoying group exercise is choosing a class you feel passionate about. ISTOCK

It's a good time to make a fitness resolution, with an explosion of boutique studios offering more ways to work out than ever.

And, you may think, just as many ways to embarrass yourself with unfamiliar equipment, complicated routines and the a lack of gymnast flexibility.

Many people miss out on great fitness classes because they feel intimidated, and celebrity trainer Simone De La Rue doesn't want that to happen. In addition to clients like Anne Hathaway and Naomi Watts, the Australian also has Body By Simone studios in L.A. and Manhattan — and knows that everyone who walks through the door is a newbie in some way.

But exercising together is worth the initial hurdles: It's motivating, keeps you accountable and creates a community. "Group fitness has been around for years, and it works because you're feeding off the energy of other people," she says.

De La Rue shares how to start off on the right foot.

Get a sneak preview

Feeling intimidated is common, but you don't have to walk into a class totally unprepared.

"A lot of time people come and have a private session first to build up their confidence before they feel comfortable going into the class," says De La Rue.

Ask if the studio can offer you some one-on-one time with an instructor to preview the basic techniques and offer advice in private.

You're all there to sweat, not judge

"A lot of people even struggle looking at themselves in the mirror," says De La Rue.

The thing to remember is that you're the only one looking at you — everyone else is just as busy worrying about themselves.

So face yourself, acknowledge where you are and focus on learning the skills to build your confidence.

Discover your passion

The best class for you is the one you'll go back to.

De La Rue's passion is cardio dance: It's a link to her training as a ballerina and avoids the monotony of running and cycling.

"Dance is using your whole body and using your brain as well to work in coordination," she says. "It's creative, it's expressive, it's a joyous way of exercising."

Those words should describe how you feel doing whatever exercise you choose.

The hardest part is showing up, but if you're excited to get to it, then the rest is much easier.

Go to the right class

The newest exercise trend may not be for you, and there's always more than one kind of class to work the body parts you're concerned about.

If you're looking for cardio but are not coordinated, skip the dancing and go for the full-body class that works the same muscles.

"Pick something that's in your comfort zone to build up your strength and confidence," she says.

Marijuana

The high — minus the munchies

U.S. TV personality Bethenny Frankel could soon release her own line of marijuana that's been tweaked so that it won't give you the munchies.

The cannabis will be part of Frankel's Skinnygirl brand empire and will be available everywhere in the U.S. where recreational use of marijuana is allowed, according to US Weekly.

So far, this includes Alaska, Colorado, Oregon and Washington. Some states, like California, allow marijuana for medical purposes.

The entrepreneur had tweeted from Aspen, Colorado her delight in seeing marijuana widely available back in December.

After her 2005 appearance on The Apprentice: Martha Stewart, Frankel was selected to join the cast of The Real Housewives of New York City in 2008.

She launched Skinnygirl, a line of low-calorie cocktails, in 2011, later selling it to Fortune Brands' Beam Global.

She hosted Bethenny, her own talk show, until it was canceled in February 2014. AFP

Bethenny Frankel plans to release marijuana that won't give you munchies. JEWEL SAMAD/ AFP

Stress may cause lack of empathy for strangers

Our ability to express empathy — understanding or vicariously experiencing others' feelings — kicks into action when we get comfortable enough with the strangers in our vicinity, according to a new study.

It doesn't take much to make us comfortable. In fact, spending just 15 minutes playing a video game together or taking a stress-blocking drug could be enough to do the trick, say researchers from McGill University in Montreal.

Like other studies centered on empathy, the team used physical pain as a means to solicit the feeling on the basis that everyone understands pain and that it's easy to measure in a laboratory setting.

In this particular study, which was published in the journal Current Biology, undergraduate participants were asked to submerge their arm in ice-cold water in the presence of a friend, in the presence of a stranger and all alone.

In one scenario, the team administered a stress-blocking drug to two strangers before the experiment and in another they asked two strangers to spend 15 minutes playing the video game Rock Band before plunging their arms into icy water.

The students, who were asked to rate their pain in all scenarios, reported the most pain after enduring the icy water in the presence of a friend. "It would seem like more pain in the presence of a friend would be bad news, but it's in fact a sign that there is strong empathy between individuals — they are indeed feeling each other's pain," said senior author Jeffrey Mogil, a psychology professor at McGill.

At this point, those who were considered friends included the participants who had taken the stress-blocking drug and those who had played the video game together.

"It turns out that even a shared experience that is as superficial as playing a video game together can move people from the 'stranger zone' to the 'friend zone' and generate meaningful levels of empathy," says Dr. Mogil. "This research demonstrates that basic strategies to reduce social stress could start to move us from an empathy deficit to a surplus."

Indeed, playing Rock Band by themselves created no empathy between strangers. AFP

Get in the game with an elegant venison dish

Venison Medallions with Sautéed Apple Slices and Wild Blueberry Sauce.
Berries help create a sweet, juicy balance in this savoury dish

FLASH FOOD
From your fridge to your table in 30 minutes or less

Wild blueberries offer top-notch flavour and nutrients directly from the freezer in seconds. In this recipe, they complement the flavour of venison. But they also work well with pork tenderloin. The trick is to cook the sauce separately so that the deep blue-coloured nutrients don't discolour the meat. Think of them as a way to create a juicy, sweet balance in savoury dishes.

Ingredients

- 1/2 onion, minced
- 1 clove garlic, minced
- 1 tbsp. butter
- Salt and pepper
- 1 cup (240 ml) red wine
- 1 cup (240 ml) rich beef broth
- 3/4 cup (100 g) frozen wild blueberries
- 1/4 cup (60 ml) currant jelly
- 2 red apples
- 1 1/2 lbs (600 g) saddle of venison (or pork tenderloin)
- 1/2 bunch of thyme

Directions

1. Preheat oven to 350 F.

2. Sauté onions and garlic in butter, season with salt and pepper and let simmer for 5 minutes. Add wine and beef broth and simmer for 2 minutes. Add frozen wild blueberries and currant jelly and simmer, stirring occasionally for 5 minutes. Remove from heat and cool slightly. Core and slice apples, set aside.

3. Dab venison dry on paper towel and cut into 12 equally sized, thin medallions. Heat 1 tbsp. butter in skillet. Sear medallions on all sides 3-4 minutes and season with salt and pepper.

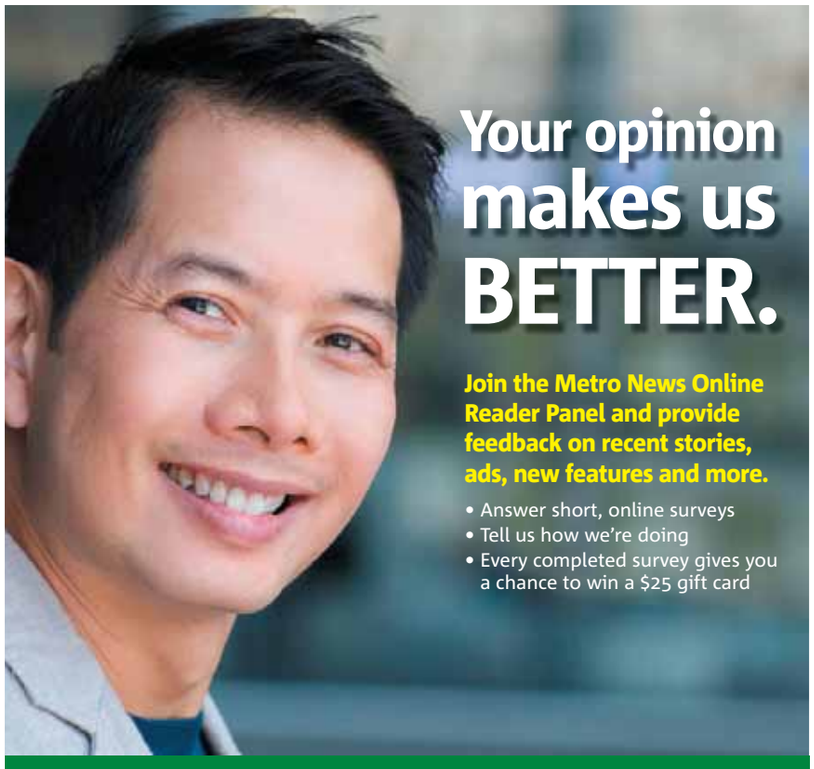
4. Remove medallions from pan and place in oven until sauce is finished. Add apples to pan with a splash of water or wine if needed.

5. Serve venison medallions with apple slices and wild blueberry sauce. Garnish with fresh thyme leaves.

RECIPE PROVIDED BY THE WILD BLUEBERRY ASSOCIATION OF NORTH AMERICA AT WILDBLUEBERRIES.COM, AND ADAPTED BY THERESA ALBERT.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND CAN BE FOUND DAILY AT MYFRIENDINFOOD.COM.

This recipe for Venison Medallions with Sautéed Apple Slices and Wild Blueberry Sauce makes four servings. THERESA ALBERT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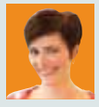
Theresa's tips

Secrets to cooking wild meats



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

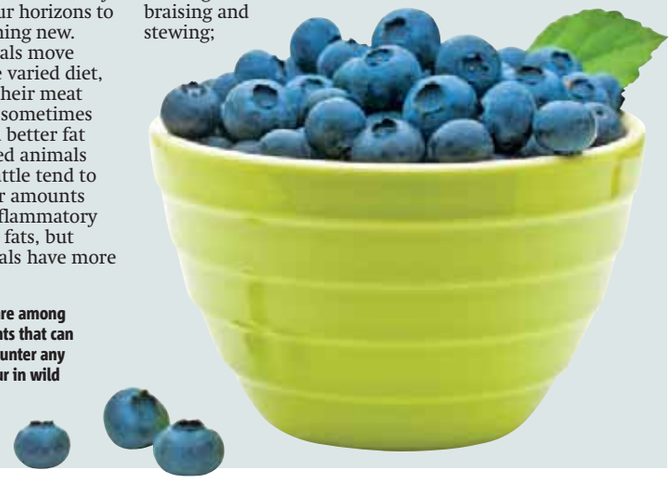
One of the key food trends this year is wild (or at least grass-fed) meats. Maybe that's due to interest in the paleo diet, or maybe it's a symptom of our collective culinary adventuring. But either way, you can't lose by broadening your horizons to include something new.

Game animals move and eat a more varied diet, which makes their meat leaner though sometimes tougher with a better fat profile. Corn-fed animals such as beef cattle tend to contain greater amounts of the more-inflammatory omega 6 and 9 fats, but grass-fed animals have more of the anti-inflammatory omega 3 fat.

That's what you want, more of the good stuff and less of the bad. If you don't have a friend who hunts, butcher shops are stocking more wild cuts and are wonderful sources of tips on how to prepare the unique proteins.

General rules include:

- beginners should chose loin cuts or rib cuts for quick-cook recipes that are more similar to traditional meats;
- game and grass-fed roasts require low and slow, moist cooking methods like braising and stewing;
- be sure your butcher has trimmed all silver skin and as much fat as possible, since game meat fat doesn't taste as good as beef fat and any "silver" is tough and virtually inedible;
- marinate to soften the texture and add flavour;
- don't be afraid to add a bit of butter or duck fat to the meat and/or sauces;
- generally, game meats require less cooking than beef;
- beat any gamey flavour with wild blueberries, juniper berries, thyme, red wine, rich broths, garlic or cream.


Blueberries are among the ingredients that can be used to counter any gamey flavour in wild meat. ISTOCK

Power your immune system

Nutrition. Eat lots of fruits and vegetables in various colours, plus fish, nuts and seeds

TANYA ENBERG
For Metro

Dark, leafy greens, such as spinach and kale, are rich in vitamin C, as well as other antioxidants, and folate, which can assist with repairing DNA and fuel new cell development. SHUTTERSTOCK IMAGES

Sweet potatoes help ward off the winter cold because they contain beta carotene, which is converted into vitamin A in the body, helping defend against bacteria, viruses, and germs that can cause illness.

Even though cold and flu viruses seem to be all around us during the winter, you can help aid in the fight against unwanted germs by choosing the right foods.

But is there really such a thing as cold and flu-fighting super foods?

Absolutely, experts say.

"A well-balanced diet is really important," said Sarah Remmer, a Calgary-based registered dietician and nutritionist.

"Having a nice balance of macronutrients — protein, carbohydrates, and fats — as well as micronutrients — vitamins and minerals — coming from different food groups is key to growth, development and immunity in kids, as well as staying healthy, maintaining a healthy weight, keeping immune systems strong and staying energized in adulthood."

When scanning the fridge for something to eat, some items simply pack more nutritional punch than others.

"I would say that it's important to still reach for at least three to five colours of fruits and vegetables every day at minimum," Remmer said.

"Include healthy sources of fat, such as omega-3 rich fish — an immune-boosting food — as well as nuts and seeds that contain B vitamins, such as niacin, as well as the antioxidant vitamin E, both of which protect your immune system."

According to Dr. David White, associate professor of family and community medicine at the University of Toronto, when bolstering the odds against catching a cold or flu, simplicity reigns.

"It really is the basics," White said. "Good nutrition, fresh fruit and vegetables, and enough sleep."

This can easily translate into nutritious, well-balanced meals that don't require major prep time.

"Quick and simple meals can still be healthful and immune boosting — they don't have to be gourmet," Remmer said.

"For example, consider having oatmeal, Greek yogurt and berries for dinner if time is tight. Or making tuna melts using canned tuna fish, tomato slices and sprinkled cheese on whole grain bread, with vegetable soup."

Reach for flu-busting superfoods

Yogurt is known for containing beneficial probiotics that aid in the digestive track, but there is also research indicating that probiotics help in the prevention of colds and flus.

Do you fear garlic breath? Get over it and get crushing these flavour-enhancing bulbs. Allicin, an active component of garlic, is considered an immune-boosting powerhouse for blocking unwanted, infection-causing enzymes.

Consider adding salmon, trout, halibut, or tuna to the menu. These oily fish selections aid in strengthening the immune system by increasing the activity of phagocytes, the white blood cells that combat harmful bacteria, said Sarah Remmer, a registered dietician and nutritionist.

TANYA ENBERG/FOR METRO

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PHC-13942

Drew Tate started four games under centre during the 2014 regular season, throwing five touchdowns and rushing for another 10. GETTY IMAGES FILE

Stampeders keep Tate in the saddle

CFL. Grey Cup champs re-sign backup QB; release defensive lineman Lemon, who signs with NFL club

The Grey Cup-champion Calgary Stampeders have re-signed quarterback Drew Tate and released defensive lineman Shawn Lemon.

Tate has spent six of his eight CFL seasons with Calgary and last year scored a league-high 10 rushing TDs as the Stampeders' backup quarterback.

The 30-year-old rushed for a pair of touchdowns in the club's 20-16 Grey Cup victory over the Hamilton Tiger-Cats in November.

Tate and starter Bo Levi Mitchell both signed contract extensions in January 2014. Tate started four games and won three last season when Mitchell was sidelined with a leg injury.

Tate completed 66 of 111 passes for 823 yards and five touchdowns and added 129 yards rushing on 42 carries for the 10 TDs.

He was tabbed to be Calgary's starting quarterback in 2012 when the Stampeders dealt veteran Henry Burris, but shoulder and arm injuries have limited Tate's playing time the past two seasons.

Calgary released Lemon in order to allow him to sign an NFL contract.

Lemon and the agency that represents him announced on Twitter that he's signed with the Pittsburgh Steelers. He was scheduled to become a CFL free agent Feb. 10.

Lemon, 26, had a club-high 13 sacks last season and tied a league record with eight forced fumbles.

THE CANADIAN PRESS

By the numbers

101.3

Drew Tate's career quarterback rating in the league.

Alpine skiing

Vonn breaks World Cup wins record

Lindsey Vonn won a super-G on Monday for her record 63rd World Cup victory and celebrated with an embrace from a surprise visitor — boyfriend Tiger Woods.

The American broke Annemarie Moser-Proell's 35-year-old record of 62 World Cup wins with a flawless run down the Olympia delle Tofane course, finishing by a huge 0.85 ahead of Anna Fenninger of Austria.

Wearing a mask, Woods weaved through the crowd unnoticed until he shared an emotional embrace with Vonn, who had no idea that the golfer was coming.

"No way!" Vonn exclaimed when she spotted him.

Woods reportedly had a tooth knocked out when a media member with a shoulder-mounted camera surged toward the awards podium, turned and hit Woods in the mouth.

THE ASSOCIATED PRESS

Moguls

Canadian men sweep podium

Mikael Kingsbury led a Canadian podium sweep in the men's dual moguls at the freestyle world championships on Monday.

Kingsbury, from Deux-Montagnes, Que., defeated Philippe Marquis of Quebec City 20-15 in the men's final for his first world dual moguls gold. Marc-Antoine Gagnon of Terrebonne, Que., completed the Canadian sweep of medals by finishing third. THE CANADIAN PRESS

NFL investigating Pats for deflated footballs

LeGarrette Blount had no troubles with the pigskin as he scored three touchdowns for the Patriots on Sunday. ELISE AMENDOLA/THE ASSOCIATED PRESS

The NFL is investigating whether the New England Patriots deflated footballs that were used in their AFC championship-game victory over the Indianapolis Colts.

"We are looking into it," league spokesman Brian McCarthy wrote in an email to The Associated Press on Monday. "We do not have anything further to add at this point."

The inquiry was first reported by the website of WTHR-TV in Indiana, citing an unnamed source.

The Patriots have come under scrutiny with regard to NFL rules in the past, most infamously when they were punished for videotaping sideline signals used by the New York Jets during a 2007 game. Coach Bill Belichick was fined $500,000, and the team was docked $250,000 and stripped of its 2008 first-round draft pick.

According to the NFL rule book, home teams are responsible for furnishing playable balls at all times. Each team brings 12 primary balls, while home teams are required to also bring 12 backup balls.

Once the referee makes sure the footballs are properly inflated, they're delivered to ball attendants provided by the home team. THE ASSOCIATED PRESS

QB comparison

In the Patriots' 45-7 win, Tom Brady threw for three touchdowns, while the Colts' Andrew Luck completed only 12 of 33 passes for no TDs and two interceptions.

Bouchard moves on in Australian Open

Tennis. Genie Army of fans back in full force behind Canadian star in Melbourne

Eugenie Bouchard powered into the second round of the Australian Open on Monday as the seventh-seeded Canadian star defeated German Anna-Lena Friedsam 6-2, 6-4.

The Genie Army of fans, which came together informally at the event a year ago, was back out in force, cheering on the Westmount, Que., native throughout the 78-minute match.

"The first match of a Grand Slam is never easy. I'm happy to get through," she said.

"I'm so happy to be back in Melbourne. The support here is crazy."

Bouchard broke twice per set in a routine performance against a player who beat her in an entry-level event in 2012.

Milos Raonic of Thornhill, Ont., defeated Ukrainian qualifier Illya Marchenko 7-6 (3), 7-6 (3), 6-3 to advance to the second round on Tuesday.

The eighth-seeded Raonic has never been beyond the fourth round at Melbourne Park in four previous appearances. THE CANADIAN PRESS

Quoted

"The Genie Army started here last year; I'm happy they are still alive and strong." Eugenie Bouchard

Eugenie Bouchard on Monday in Melbourne, Australia. HANNAH PETERS/GETTY IMAGES

NHL

Carolina makes it five losses in a row for Leafs

After dropping four games on the road, the Maple Leafs came home to Air Canada Centre and looked no better, losing 4-1 to the lowly Carolina Hurricanes on Monday night.

Nazem Kadri ended Toronto's goal drought at 162 minutes 14 seconds, but the Leafs were still dominated for much of the game. They've lost five straight and are 1-6-0 under Peter Horachek. THE CANADIAN PRESS

MLB

Max Scherzer, Nationals ink $200M-plus deal: Source

Max Scherzer will become the highest-paid right-handed pitcher ever after agreeing to a $210-million US, seven-year contract with Washington, including a record $50-million signing bonus, says a source.

Washington is now the 4-1 favourite to win the World Series, down from 6-1 odds when the off-season started.

THE ASSOCIATED PRESS

Balanced Raptors get a win

Milwaukee Bucks guard Brandon Knight, right, goes up for a basket against Toronto Raptors guard Kyle Lowry on Monday in Milwaukee. Lowry scored 18 points and was one of six Toronto players to reach double figures in the Raptors' 92-89 win. DARREN HAUCK/THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You have started many new things in recent weeks and now you want to see some results.

♉ Taurus
April 21 - May 21
You may be intensely ambitious but don't expect too much too soon. A step at a time will get you where you need to go.

♊ Gemini
May 22 - June 21
So many of the things you have been worrying about will fade away over the next few days. It's doubtful whether they existed in the first place but the important thing is you feel free at last.

♋ Cancer
June 22 - July 23
The planets indicate if you work hard now you will make a name for yourself and make a handsome profit before the end of the month.

♌ Leo
July 24 - Aug. 23
There is no point trying to keep secrets from loved ones because they know you too well and can sense when you are trying to hide something.

♍ Virgo
Aug. 24 - Sept. 23
The Sun moves from one of the more serious areas of your chart today but that doesn't mean you can't have fun. You will, however, have to focus more on work and health issues.

♎ Libra
Sept. 24 - Oct. 23
You can change a number of things over the next few days but if you really want a better day-to-day experience you must change your attitude.

♏ Scorpio
Oct. 24 - Nov. 22
Put other people's needs first today and tomorrow, because if you do a favour for partners and loved ones now they will do no end of favours for you.

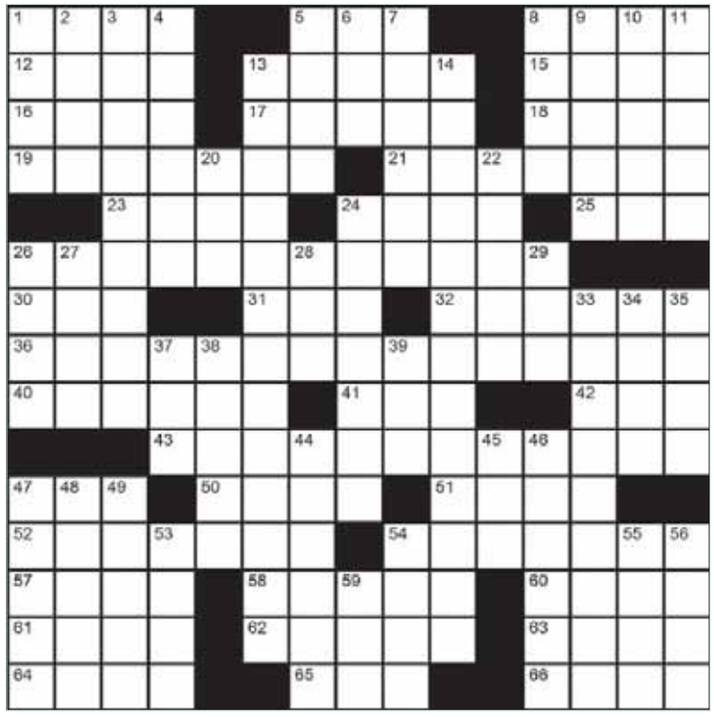
♐ Sagittarius
Nov. 23 - Dec. 21
This is a good time for traveling and having fun with your friends. Don't worry if you are a bit short of cash because you will meet up with someone who enjoys buying you things.

♑ Capricorn
Dec. 22 - Jan. 20
Your head is full of good ideas and some of them may even be great but now you need to get your act together and decide which should be followed up on.

♒ Aquarius
Jan. 21 - Feb. 19
A little bit of effort will go a long way over the next 24 hours. All things are possible if you desire them enough.

♓ Pisces
Feb. 20 - March 20
You will be in a thoughtful mood today and that's good because the more you think about certain issues now the more likely it is they will work out for you later.

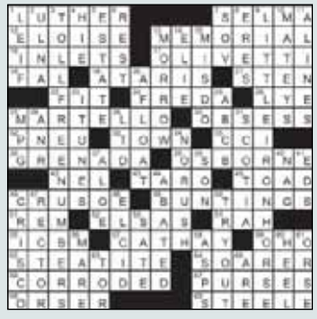
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Medieval chest
5. Dickens character
8. Pining
12. #13-Down ingr.
13. Songstress Ms. Black
15. Island of Indonesia
16. Test product
17. "I shall never see _ __ lovely as..." - Joyce Kilmer
18. Ottawa Senators Right Wing Mr. Condra
19. Pertaining to goats
21. Microsoft game console: 2 wds.
23. How music might be released: wd. + acr.
24. Person departing
25. Mr. Knight
26. 1847: M-H = __-__ (Agricultural machinery manufacturer founded in Newcastle, ON)
30. 'Meth' suffix
31. Low: French
32. High IQ society member
36. __ __ of Canada (Art program maintained by Library and Archives that depicts historic Canucks): 2 wds.
40. Lippy one
41. Time off letters
42. Jogged
43. Steven Blaney = Canada's Minister of __ __
47. Eggs, scientifically
50. US Attorney General Mr. Holder
51. Musical instrument
52. "Star Trek" alien
54. Light bulb type
57. Applaud
58. Tibet's neighbour
60. Mother: French
61. Hertz rival
62. Dentist's feared tool
63. European erupter
64. Movie company
65. Fixed
66. Canadian rebel Louis

Down
1. 'High Voltage' band
2. Ms. Perlman
3. Oscar Peterson and Glenn Gould, at times
4. Fallen-to-forest-floors findings
5. Tube
6. UN workers' gr.
7. Reflex-testing hammer
8. Wild goat
9. Futuristic card
10. "Crazy" songstress Patsy
11. Boosted
13. Coffee Crisp, for one: 3 wds.
14. Actress from London, ON who stars as Amy Fleming on CBC's "Heartland": 2 wds.
20. Beverage brrrr-er
22. Oxford University college
24. __ bypass surgery
26. Driving directions drawings
27. Buffalo type
28. Yes, in Japan
29. Prog. on Mike Myers' resume
33. Ecosystem of Tanzania famous for the land migration of wildlife
34. Smell _ __ (Be suspicious)
35. Central Park locale: acr. + acr.
37. Meal-making measurement, mini-ly
38. J.R.R. Tolkien = John Ronald __ Tolkien
39. Health supplements store
44. Ocean crossers
45. Certain ISP
46. Liza __ (Kitchener, ON born host of Global's "The Morning Show")
47. Killer whales
48. Car company
49. At full force, poetically
53. __-daisy!
54. Cease
55. Coastal bird, variantly
56. Actress Patricia
59. "American __" (1999)

Yesterday's Crossword

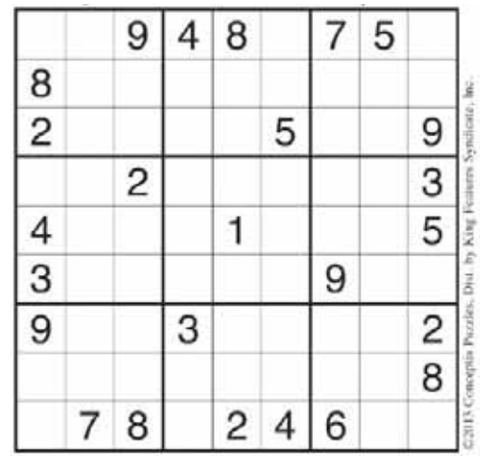


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

5	3	2	9	8	1	7	4	6
7	9	1	2	4	6	3	5	8
4	8	6	5	7	3	2	1	9
1	2	8	4	5	9	6	7	3
6	5	3	1	2	7	9	8	4
9	4	7	6	3	8	1	2	5
2	6	9	8	1	5	4	3	7
8	7	4	3	9	2	5	6	1
3	1	5	7	6	4	8	9	2

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